
**Waukesha County
UW Extension
Farmers Market Fresh**

Carrot Leek Soup

Ingredients:

Serves 6

- 1 medium leek, thinly sliced and soaked in water to clean
- 4 teaspoons butter
- 6 medium carrots, sliced
- 2 medium potatoes, peeled and cubed
- 3 cans (14-1/2 ounces each) low sodium chicken broth
- 2 cups skim milk
- 1/8 teaspoon pepper



Directions:

1. In a large saucepan, sauté leek in butter until tender.
2. Add carrots, potatoes and broth; bring to a boil.
3. Reduce heat; cover and simmer until vegetables are tender.
4. Remove vegetables from heat and put into a blender or food processor.
5. Add enough cooking liquid to cover, blend until smooth and return to pan.
6. Stir in milk and pepper and heat through.

This recipe was modified from Cooperative Extension: The University of Maine.